

Claims

1. A weight lifting apparatus comprising:
a frame having a handle disposed thereon; and
a member extending from said frame for attaching one or more weights thereto, the
5 member being substantially co-planar with said frame;
wherein said handle swivels about its longitudinal axis.
2. The apparatus of claim 1, wherein said frame comprises four sides and said swivelling
handle comprises one of said sides.
- 10 3. The apparatus of claim 2, wherein said member extends from said frame substantially
parallel to said handle.
4. The apparatus of claim 2, wherein said member extends from said frame substantially
15 perpendicular to said handle.
5. The apparatus of claim 3, further comprising means to attach said apparatus to a user's
foot and/or leg.
- 20 6. The apparatus of claim 5, wherein said means to attach said apparatus to a user's foot
and/or leg comprises a strap.
7. A weight lifting apparatus comprising:
a first frame having a handle disposed thereon;
25 a second frame having a handle disposed thereon; and
a member extending between said first and second frames for attaching one or more
weights thereto, the member maintaining said first and second frames aligned such that their
respective handles are substantially parallel to each other and distal to said member;
wherein said handles swivel coaxially about their longitudinal axes; and
30 wherein the member is substantially perpendicular to said longitudinal axes of said
handles.

8. The apparatus of claim 7, wherein said first and second frames each comprise four sides and said swiveling handles each comprise one of said sides.
- 5 9. The apparatus of claim 7, wherein said member extends from a side of each said first and second frames which is substantially parallel to said handle.
10. The apparatus of claim 7, wherein said member further comprises an arm for accepting weights, said arm extending substantially perpendicularly from said member.
- 10 11. The apparatus of claim 10, wherein said arm extends from a midpoint of the length of said member.
12. A weight-lifting kit, comprising the apparatus of claim 1 and instructions for using said kit
15 to carry out weight-lifting exercises.
13. The kit of claim 12, further comprising means to attach said apparatus to a user's foot and/or leg.
- 20 14. A weight-lifting kit, comprising the apparatus of claim 7 and instructions for using said kit to carry out weight-lifting exercises.
15. The kit of claim 12 further comprising one or more weights.
- 25 16. A weight plate having a rebate on an edge thereof.
17. The weight plate of claim 16, wherein said rebate is disposed on a lobe of said weight plate.
- 30 18. A weight plate system, comprising at least two weight plates of claim 16.

19. A weight plate system, comprising at least two weight plates of claim 17.

20. The weight plate system of claim 19, further comprising indexing disposed on each weight plate, said indexing preventing overlap of lobes of adjacent weight plates when said

5 weight plates are stacked.